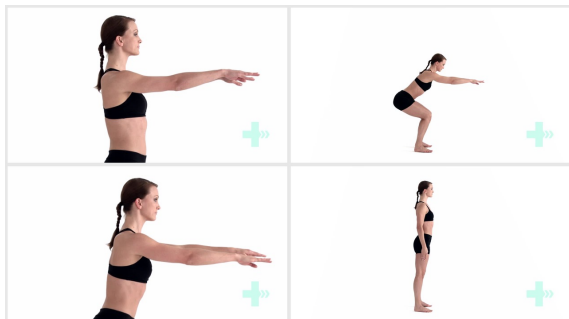


Capital Hydrotherapy
8/2 King Street
Deakin, ACT, 2600

3 Sets / 10 Reps



1. Squat

Stand with your feet shoulder-width apart.
Engage your core muscles and gently squat down, do not allow your knees to travel too far forwards and keep your weight on your heels, not your toes.
Tense your bottom muscles at the bottom of the squat and keep them tense as you straighten back up to the start position.
As you squat, bend from your hips and keep your back straight.

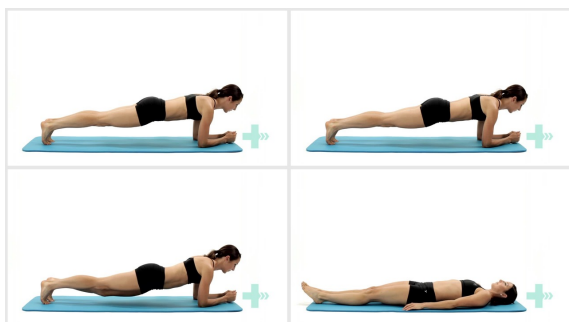
3 Sets / 10 Reps



2. Tricep dips

Start in a seated position.
Place your hands on the seat of the chair and use your arms to move yourself forwards towards the front of the chair.
You will need to move your feet further forwards to help your stability.
From this position, use the strength of your arms to slowly lower your body directly down towards the floor and then raise yourself back up.
Do not actually sit on the floor and keep your hands close in beside you.
Relax and repeat.

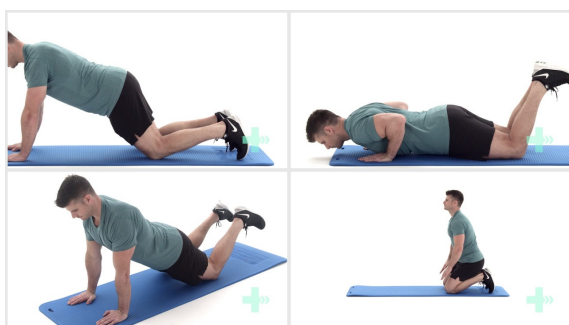
3 Sets / 10 Reps / 10 s hold



3. Plank

Lie on your front with your toes on the floor.
Place your forearms on the floor and push up, lifting your torso and legs.
Hold a straight line from your shoulders to your feet for as long as you can, preventing the back from sagging.
Keep your buttocks squeezed and your hips level.
You will feel the core muscles working.

3 Sets / 10 Reps



4. Modified PushUp

Start on your hands and knees and walk your hands forwards until you have a straight line from your shoulders to your knees.
Keeping yours body straight, slowly bend your elbows, bringing your chest towards the floor, then push back up to the start position.